

**1. How can a cleanse help at the start of this program?**

Cleansing can help kick-start your body's own detoxification system. The TruHealth 30-Day Fat-Loss System is specially formulated to provide your body with the nourishment it needs while helping rid it of harmful impurities.\*

**2. What physical changes could I experience during the TruHealth 30-Day Fat-Loss System?**

During the duration of the program, you may experience an increase in urination and bowel movements. These are simply natural effects of cleansing and the body's elimination process and should not interfere with your daily activities.

In some cases, you may experience temporary effects like headaches, weakness, fatigue and others. This simply means your body is beginning the cleansing process as you withdraw from certain substances such as caffeine and sugar. For example, caffeine withdrawal typically causes headaches, so be sure to drink plenty of water. These temporary effects are expected to subside in a day or two. If they persist, we suggest you discontinue the program and consult your healthcare professional.

**3. How much weight can I expect to lose by following the TruHealth System?**

You can expect fat loss, but the specific amount can vary. The ideal weight-management system is not a quick fix, but rather a long-term commitment. By following this program, you will be working toward sustained, long-term weight management.

**4. If I feel overly tired or have a headache while following the TruHealth System, should I discontinue it?**

It's not uncommon when cleansing or changing your normal eating habits to experience effects like headaches, fatigue or constipation. Try drinking more water or eating a light, healthy snack. Fatigue and headaches are often signs that your body is not getting enough water, or you might be experiencing low blood sugar. If the symptoms mentioned above persist, please discontinue and consult your physician or healthcare provider.

**5. What snacks can I have if I become hungry during the TruHealth System?**

Fruits and vegetables are a great snack idea. We also have a range of snack ideas on our recipes page (<http://truhealthfitness.com.au/challenge/recipes/>).

**6. If I'm not hungry, can I skip a meal or a Shake?**

We recommend that you don't skip a meal or TruPLENISH Nutritional Shake. Even though you might not feel hungry, your body still needs nourishment. Wait a little while to see if you begin to feel hungry, but always make sure you consume your two TruPLENISH Shakes or a meal.

**7. If I'm an active person and I have even been progressively increasing my workouts during this program, should I eat more if I'm hungry?**

In this case, we recommend adding one scoop of OsoLean<sup>®</sup> powder to your TruPLENISH Shake. This will allow you to increase your protein and caloric intake safely. The extra protein will provide the fuel your body needs when working out.

**8. Is exercise necessary? How much and what type is recommended?**

Yes, exercise is always an important component of a healthy lifestyle. During this program, exercise will help you maintain lean muscle. At a minimum, it's recommended that you walk 30-45 minutes at least four days per week. Download the exercise guidelines at [library.mannatech.com/8847](http://library.mannatech.com/8847).

<sup>†</sup>Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.

\*These statements have not been evaluated by the Therapeutic Goods Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**9. Why is this combination of products and regimen important?**

The featured Mannatech products are the foundation of this program. They are designed to supplement your daily regimen during the 30 days and are formulated to work together to help increase energy, cleanse your body and support weight management and healthy digestion.

**10. Why should I reduce the caffeine I have during the program?**

Caffeine is a substance that is metabolised by our liver and excreted by our kidneys. This means that our liver and kidneys must perform work to process and remove caffeine metabolites from our bodies. Ingesting caffeine will give your body more work to do and could hinder or lessen the overall effectiveness of the program.

**11. What can I do if I experience temporary constipation?**

Remember to drink plenty of water. For example, drinking a glass of water before every meal will help the cleansing process. Also be sure to eat plenty of vegetables and fruits with a high-fibre content. If constipation persists, please discontinue and consult your physician or healthcare provider.

**12. What if I'm allergic to certain foods on the list?**

If you suspect you are having a reaction to a specific food, refrain from eating it and consult your healthcare professional about how to incorporate alternative food sources.

**13. How often can I repeat the TruHealth System?**

You can continue to repeat the TruHealth Fat-Loss System for up to three consecutive months until you reach your goal. Once meeting your goal, we recommend you continue with the TruHealth Maintenance Program.

**14. Can the TruHealth System be used with other Mannatech products?**

Absolutely! We encourage you to incorporate other Mannatech products into your daily supplement regimen. GI-ProBalance™ and Ambrotose® are great complementary products to the program.

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## TruPLENISH™ Nutritional Supplement Shake

**15. Is it okay to add fruits or other healthy ingredients to my TruPLENISH Nutritional Shake? Absolutely!**

Who doesn't love a little strawberry? Just keep in mind that some fruits are high glycemic, so it's best to opt for fruits that fall under the low-glycemic index.

**16. Is it required to follow the TruHealth Signature Shake recipe during the program? Can I use the TruPLENISH Nutritional Shake by itself?**

Of course! The TruHealth Signature Shake recipe is only a suggestion and is not required for you to be successful in the program. The recipe allows for some variety and is completely up to you.

**17. What is the source of fructose in the TruPLENISH Shakes?**

The fructose in the TruPLENISH Shakes is from sugar cane or sugar beets and is NOT high fructose corn syrup. The TruPLENISH Shakes contain a very modest amount of fructose, at approximately 4.8 g per serving. For reference, a typical medium sized apple contains approximately 7 g of fructose. Therefore, our TruPLENISH Shakes contain less fructose than a medium sized apple.

**18. Can I use fruit juices when making shakes?**

You can use 100% pure juice; nothing from concentrate or with additives. We suggest using freshly squeezed fruit juices.

**19. As a diabetic, do I need to be concerned about the sugar in the TruPLENISH Shake?**

First of all, any individuals with health conditions, including diabetes, should always consult with their healthcare practitioner before commencing with any changes to their diet. However, if used as directed, it should be completely safe for you to incorporate the TruPLENISH Shake in your meal regimen. If you choose to add fruit to your TruPLENISH Shake, be conscious of the types of fruit that you use, and make sure they fall under the low-glycemic index.



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## TruPLENISH™ Nutritional Supplement Shake (continued)

### 20. Can I give my 4-year-old child the TruPLENISH Shake as a snack?

The TruPLENISH Shake is intended for children 9 and up. Please follow the recommended label guidelines.

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## TruPLENISH™ Fat-Loss Capsules

### 21. I'm experiencing pain and indigestion after taking the TruSHAPE fat-loss capsule. Is that normal?

Anybody can have any reaction to any substance at any time. The capsule contains a standardized capsaicin extract which is derived from peppers. If you tend to have sensitivities to peppers, it's possible that you might experience discomfort. If this happens, please discontinue use and consult your physician or healthcare provider.

### 22. Can I take more than one TruSHAPE capsule a day?

We recommend taking the product as recommended on the label, which is one capsule a day. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

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## TruPLENISH™ Cleanse Sachets

### 23. How should I take my TruPure Cleanse Sachets?

There are two options with the TruHealth 30-Day Fat-Loss System:

1. Use 4 sachets for every cleanse day (once per week is recommended)
2. Take 1 sachet every morning on rising for a daily cleanse.

Depending on the usage, if you have leftover sachets during the 30 days, you can continue to take them even though you have completed the program. We recommend taking 1 sachet a day on a regular basis.

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## Miscellaneous

### 24. Can I use the TruHealth products if I'm not dieting?

Absolutely! The TruHealth System was designed to also support already healthy lifestyles.

### 25. I'm pregnant and/or breastfeeding. Is it safe to do this program?

This program is not recommended for pregnant or lactating women.

### 26. Can my 8-year-old son/daughter participate in the TruHealth program?

The TruHealth 30-Day Fat-Loss System is not recommended for children or youth under the age of 18.

